

Abstract

Title: A case report of physiotherapeutic care for a patient with multiple sclerosis after stabilization of the lumbar spine.

Summary: The aim of this bachelor thesis is to present basic publicly available knowledge about multiple sclerosis, axial system and its disorders. The theoretical part of the thesis contains the characteristics and main clinical symptoms of multiple sclerosis and a back pain of various etiologies. Furthermore, diagnostics which consists of an anamnesis, a clinical and a physical examination. The clinical examination is described from point of view of a physiotherapist, the physical examination is mentioned as a complementary examination. In the description of treatment, I focus mainly on physiotherapeutic procedures and methods that lead to the reduction or elimination of patient's problems, due to his given diagnosis and current clinical symptoms.

The practice part of the thesis is a case report of a patient with whom I cooperated with during my internship at Kladno Regional Hospital in 2021. I collaborated with the patient in advanced stage of neurodegenerative disease multiple sclerosis who underwent a lumbar spine stabilization surgery. The case report contains a comprehensive initial and final kinesiological assessment, description of a course of individual therapies, evaluation of the effect of the therapy and a conclusion.

During our four-week cooperation, we managed to meet all short-term therapeutic goals. The mobility in bed, walking quality, ability to self-verticalize and stability while standing and walking were improved. The patient became more self-sufficient. In addition, thanks to her positive and active approach, she improved very quickly during sessions. It was very pleasant and enriching for me to work with her. I objectively evaluate the therapy as a successful and used physiotherapeutic methods and procedures as effective in the symptomatic treatment of a patient with multiple sclerosis.

Key words: physiotherapy, multiple sclerosis, lumbar spine stabilization, rehabilitation